

LIVING GREEN IN THE DORMS

TIPS ON SUSTAINABLE LIVING



Office of
Sustainability

WATER

Saving water is a very important component in a zero-waste lifestyle. Taking 5 minute showers is an effective way to regulate the water usage. Making sure to do full loads of laundry is also an effective way of saving water. Not letting the water run from the faucet when you are brushing your teeth is also a very effective way to conserve water. This is also an important way to adapt to droughts that happen in California.

ENERGY

A lot of energy is wasted on a daily basis and it often goes unnoticed. Making sure you only keep electronics plugged in when you need use them is an effective way of using energy to your advantage. Keep electronics unplugged when they are not in use. doing laundry with cold water rather than hot water is also an effective way of conserving energy. Air drying clothes is also an effective way of saving money and reducing energy usage



ZERO WASTE

Zero waste is about redefining the system. We currently live in a linear economy where we take resources from the earth and then dump them into a giant hole in the ground. The goal of zero waste is to move to a circular economy where we write trash out of existence.

HOW TO GO ZERO WASTE

Going zero waste is more than just energy and water conservation as well. Using reusable straws, having your own food containers, using plates instead of takeout boxes are all ways in which you can reduce your waste and ecological footprint. Reusable water bottles are also an extremely effective way to minimize waste. Try limiting the usage of one-time use utensils and invest in a set of reusable utensils.



HOW TO ZERO WASTE, CONTINUED

Buying second hand clothing is a great way to live a zero waste lifestyle. Thrift stores that are located near the USF campus include Buffalo Exchange, Wasteland, and Goodwill. Living a zero waste lifestyle also entails to limit the amount of things one should buy. Refusing to buy things you do not need will reduce unnecessary amounts of waste and can help you save money.